



# how to count and do number stuff

(a macronutrient activity book)

by monster longe



# **HOW TO COUNT AND DO NUMBER STUFF**

**(A MACRONUTRIENT ACTIVITY BOOK)**

## **MONSTER LONGE**



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# INTRODUCTION

This is an activity book.

*Ooooooh, an activity book full of coloring, word puzzles, mazes, fill-in-the-blanks, and other cool fun stuff?!?!, you gleefully ask.*

Ummmm, no...this is, like, an activity book to help you understand how to calculate calories and macros!

There's a lot more to calories and macros than what's presented in the following pages, like exactly how many calories you should eat to lose or gain weight rather than maintain it and what proportion of macros should be eaten towards either end. But what you'll learn here is more than enough to get a decent understanding of this shit.

...

Oh, I see that despite all the knowledge you're sure to gain, you're still bummed there's no fun stuff, though.

Okay, then here's something fun for you to do: print the pages out and then color the 'M' in my logo...and stay within the lines, you!!!

I don't take too kindly to rebels!





# CALCULATING CALORIES: BASAL METABOLIC RATE

Use Table 1 to calculate questions 1-2 (round to the nearest whole unit).

**Table 1: BASAL METABOLIC RATE**



$$88 + (6.1 \times W) + (12.2 \times H) - (5.7 \times A)$$



$$448 + (4.2 \times W) + (7.9 \times H) - (4.3 \times A)$$

**W = WEIGHT   H = HEIGHT   A = AGE**

1. What is the BMR for a 37-year-old woman who's 5'8" (68 in) and 190 lbs?

2. What is the BMR for a 24-year-old man who's 6'3" (75 in) and 245 lbs?



## CALCULATING CALORIES: TOTAL DAILY ENERGY EXPENDITURE

Use Table 2 to calculate questions 3-4 (round to the nearest whole unit).

**Table 2: TOTAL DAILY ENERGY EXPENDITURE**

<b>ACTIVITY</b>	<b>DESCRIPTION</b>	<b>MULTIPLIER</b>
Not Active	Little To No Exercise Or Sports	1.2
Lightly Active	Exercise Or Sports 1-2 Days Per Week	1.4
Moderately Active	Exercise Or Sports 3-5 Days Per Week	1.6
Very Active	Exercise Or Sports 6-7 Days Per Week	1.8
Extremely Active	Exercise Or Sports 2x Per Day/Physical Job	2.0

3. What is the TDEE for someone with a BMR of 1576 calories who can only get to the gym on Wednesdays?
- a. 2837      b. 2522      c. 2206      d. 1891*
4. What is the TDEE for someone with a BMR of 2082 calories who weight lifts in the morning and does cardio in the evening almost daily?
- a. 2915      b. 3331      c. 2498      d. 4164*



# READING A FOOD LABEL WORKSHEET: CALORIES

Use Table 3 to calculate questions 5-7 from the Nutrition Facts (round to the nearest whole unit).

**Table 3: ENERGY VALUE OF MACRONUTRIENTS**

FAT	1g = 9 calories
PROTEIN	1g = 4 calories
CARBOHYDRATES	1g = 4 calories

5. How many calories come from fat?
- a. 4
  - b. 56
  - c. 126
  - d. 2
6. How many calories come from protein?
- a. 216
  - b. 96
  - c. 3
  - d. 6
7. How many calories come from carbohydrates?
- a. 52
  - b. 3
  - c. 117
  - d. 1

## Nutrition Facts

Serving Size 4 oz. (113g)

Servings Per Container 4

### Amount Per Serving

**Calories** 280      **Calories from Fat** 130

### % Daily Value

**Total Fat** 14g      **22%**

Saturated Fat 3.5g      **18%**

Trans Fat 2.5g

**Cholesterol** 120mg      **40%**

**Sodium** 640mg      **27%**

**Total Carbohydrate** 13g      **4%**

Dietary Fiber 1g      **4%**

Sugars 0g

**Protein** 24g

Vitamin A 2%      • Vitamin C 2%

Calcium 2%      • Iron 6%





## READING A FOOD LABEL WORKSHEET: GRAMS

Use Table 3 to calculate questions 8-10 (round to the nearest whole unit).

**Table 3: ENERGY VALUE OF MACRONUTRIENTS**

FAT	1g = 9 calories
PROTEIN	1g = 4 calories
CARBOHYDRATES	1g = 4 calories

8. How many grams of fat are in one serving if 153 calories come from fat?
- a. 1377
  - b. 17
  - c. 38
  - d. 612
9. How many grams of protein are in one serving if 28 calories come from protein?
- a. 3
  - b. 252
  - c. 7
  - d. 112
10. How many grams of carbohydrates are in one serving if 24 calories come from carbohydrates?
- a. 216
  - b. 6
  - c. 96
  - d. 3



## CASE STUDY: PUTTING IT ALL TOGETHER

Please read the passage and calculate questions 11-14 (round to the nearest whole unit).

Jane Doe is 29-years-old. She stands at 5'5" (65 in) and weighs 173 lbs. Because she's about 30-40 lbs overweight for her height, she's been making more of an effort to exercise. But after going to the gym every day Monday to Friday, she hasn't seen any real results for her months of hard work. Jane now understands that a workout plan is worthless without a sound eating strategy. Can you help her come up with one?

11. Calculate Jane's BMR.

12. Calculate Jane's TDEE.



## CASE STUDY: PUTTING IT ALL TOGETHER

Please use answer #12 to calculate questions 13-14 (round to the nearest whole unit).



13. Using the provided macronutrient ratio, calculate how many grams of fat, protein and carbohydrates should make up Jane's total daily calories.

14. Using the provided macronutrient ratio, calculate how many calories of fat, protein and carbohydrates should make up Jane's total daily calories.



## ANSWER KEY

You should make an honest effort to solve the questions before coming here, cheater!!!

1.  $448 + (4.2 \times 190) + (7.9 \times 68) - (4.3 \times 37) = 1624$

2.  $88 + (6.1 \times 245) + (12.2 \times 75) - (5.7 \times 24) = 2361$

3.  $1576 \times 1.4 = 2206$

4.  $2082 \times 2.0 = 4164$

5.  $14 \times 9 = 126$

6.  $24 \times 4 = 96$

7.  $13 \times 4 = 52$

8.  $153 \div 9 = 17$

9.  $28 \div 4 = 7$

10.  $24 \div 4 = 6$

11.  $448 + (4.2 \times 173) + (7.9 \times 65) - (4.3 \times 29) = 1563$

12.  $1563 \times 1.6 = 2501$

13.  $(2501 \times .15) \div 9 = 42\text{g FAT}$   
 $(2501 \times .50) \div 4 = 313\text{g PROTEIN}$   
 $(2501 \times .35) \div 4 = 219\text{g CARBOHYDRATES}$

14.  $2501 \times .15 = 375 \text{ calories (FAT)}$   
 $2501 \times .50 = 1251 \text{ calories (PROTEIN)}$   
 $2501 \times .35 = 875 \text{ calories (CARBOHYDRATES)}$



## ABOUT THE AUTHOR

Monster Longe is a personal trainer and online coach who specializes in weight loss and muscle building, the biggest mysteries known to man. Yes, mysteries even bigger than the identity of Jack the Ripper, the location of the Holy Grail, and how a goofball like Drake has dominated rap and hip-hop for what seems like an eternity now. How to lose weight and build muscle are that big of a mystery, and Monster has them solved!

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## EXPERIENCE

+25 Years

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# Also By Monster Longe

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Proper Nutrition By The Numbers

The Essential Gym Bag Guide:

All The Things To Bring With You ...Or Maybe Not

The Personal Trainer Buyer's Guide:

Step-By-Step Instructions For Finding A Personal Trainer

## POUNDS:

Losing One At A Time

## CARDIO:

An Instruction Manual

Does This Diet Work?:

The Health And Weight Loss Program Reference Book

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